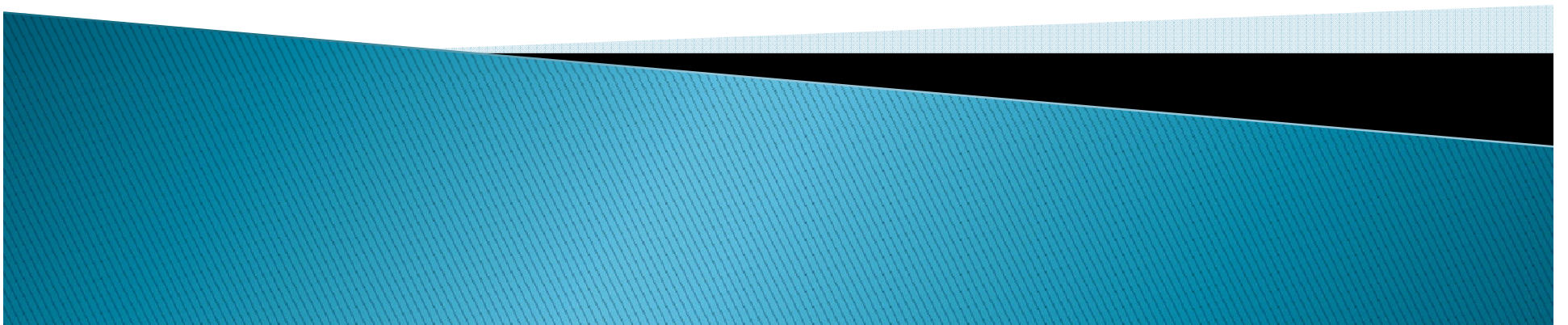


An Introduction to Memory & Concentration

*Learning Center
California State University, Fresno*

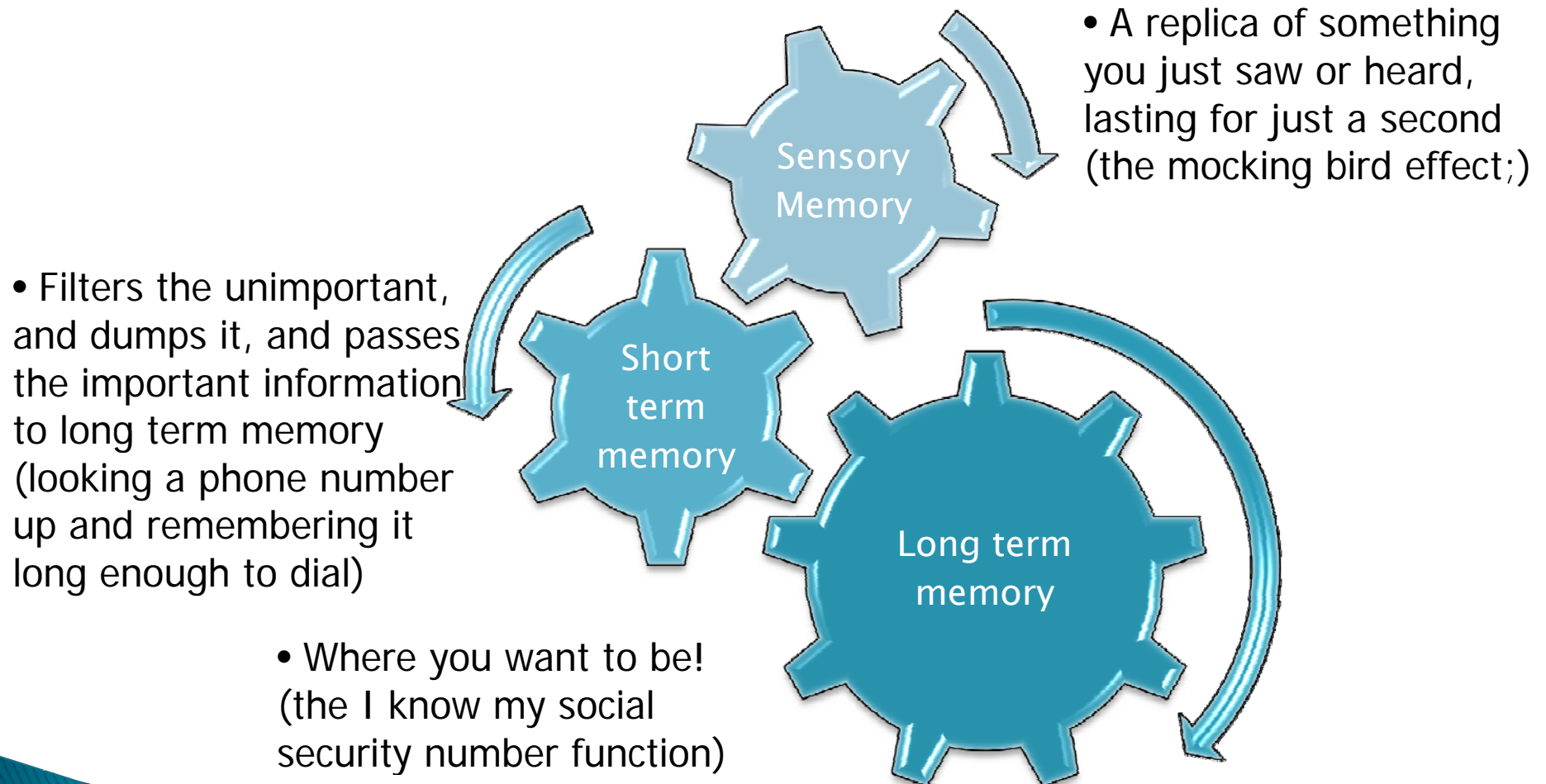


What is concentration?

- ▶ Concentration is your ability to fix your attention on something.



How does your brain remember?



The key to memory is concentration

- Set a definite and specific plan to study.
- Instead of saying, "I am going to study Chemistry," set a goal instead: "I will read ten pages and answer five questions."



Set a Goal

- Study in a place set up specifically for studying.
- Have the books and supplies you need available – every time you have to get up to get something, you break your concentration!



**Prepare to
Concentrate**

- Anticipate fatigue during studying by varying your activity from time to time.
- Read for a period of time and then switch to taking notes or reciting aloud.



Vary the Activity

- Trying to do too much too fast makes it even harder to concentrate!
- When the reading or assignment is long, it is best to break it up into more than one study session.



Pace Yourself

- The best way to overcome daydreaming is to be aware of it happening!
- When you find yourself daydreaming, try rapidly reviewing the material you have covered.
- It also helps to take a break!



Prevent Daydreams

Top 10 strategies to enhance memory

• Make it meaningful

1.



• Create associations

2.



• Learn actively

3.



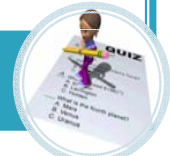
• Utilize peak energy times

4.



• Use it before you lose it

5.



• Distribute Learning

6.



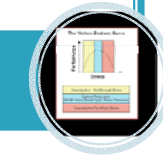
• Elaborate

7.



• Relax

8.



• Remember something else

9.



• Recite and repeat

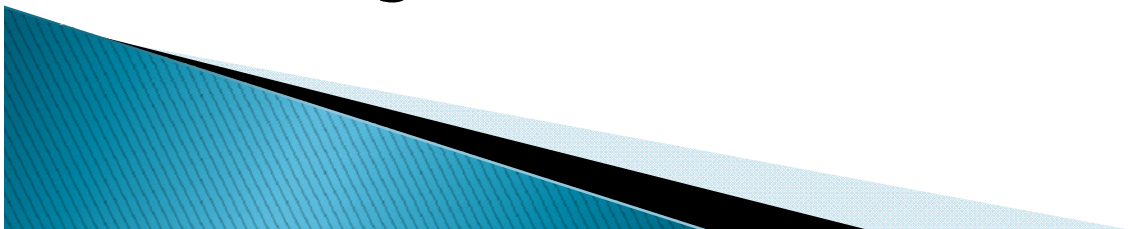
10.



1. Make it meaningful



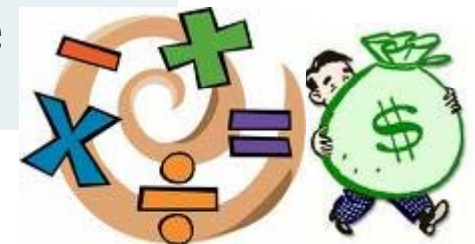
- ▶ Find a connection to the material and your ultimate goal.
 - How can this course make you a better Nurse, Manager,.....?
- ▶ Find a connection to something you already know.
 - How does this idea relate to you, or your activities?
- ▶ Create meaning behind ideas by learning from the general to the specific. Before you read get familiar with the main ideas.



Create Associations

2

Principle	Example
Organize by time	Find a chronological sequence in order to gain a better understanding of the material.
Organize by category	Know what belongs in a grouping, and a NOT question is less difficult. What muscles belong in the arm?
Learn processes	How does an idea operate within a system? What is the function of blood in the circulatory system?
Learn relationships	How do different things interact with one another? How do shareholders effect the decision making of a business?



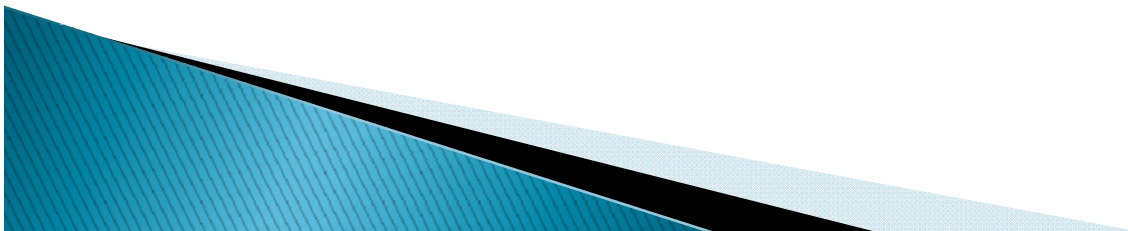
3. Learn Actively

- ▶ Law of Exercise: We learn by doing. We forget by not doing to a certain extent. – Edward Thorndike
- ▶ Don't be shy, actively participate in lecture, if you actively engage learning you are more likely to remember material.
- ▶ Try to read out loud, or study as if you are going to give a lecture, and practice it.
- ▶ Walk and read, or sit attentively.
- ▶ Form a study group.



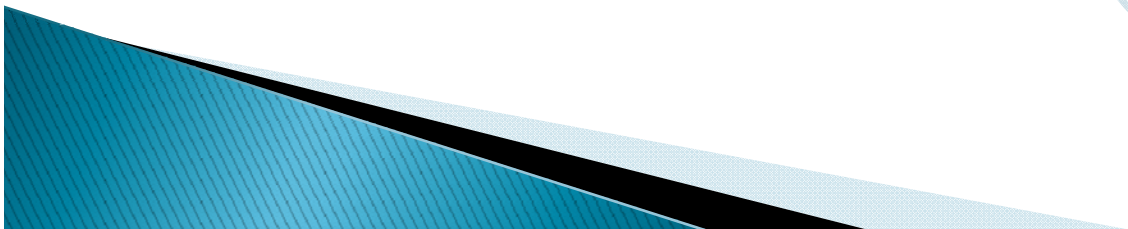
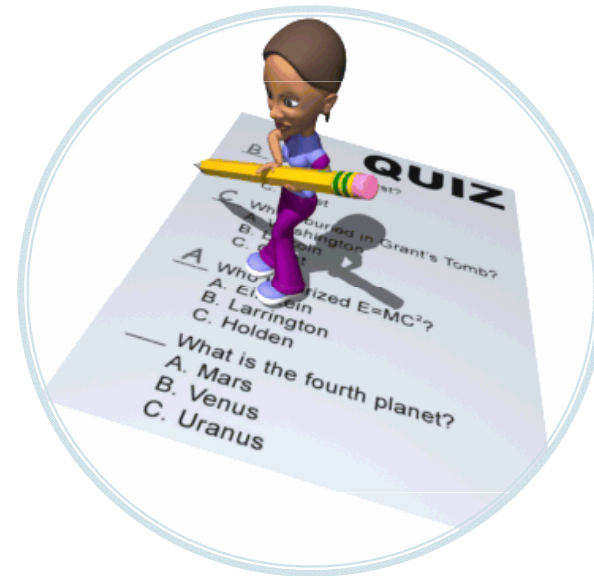
4. Utilize peak energy times

- ▶ You are more likely to remember something when you process during peak times.
- ▶ Your most difficult subjects should be studied during your peak times.



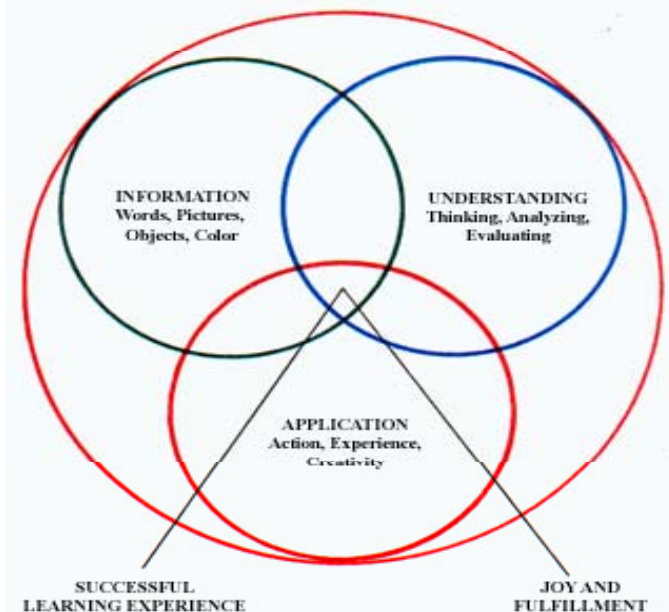
5. Use it before you Lose it

- ▶ Long term memory storage is difficult to maintain if you do not regularly use it.
- ▶ To retain long term memory access it a lot.
 - Read it, write it, speak it, listen to it, apply it.



6 ■ Distribute Learning

- ▶ Do not run the marathon
 - You can retain more in shorter spaced out study sessions than you can in a full 4 hour study fest.
- ▶ If you overload your brain it will find a way to shutdown for a rest no matter what
- ▶ Learn to use breaks during studying as a reward for the hard work you are doing



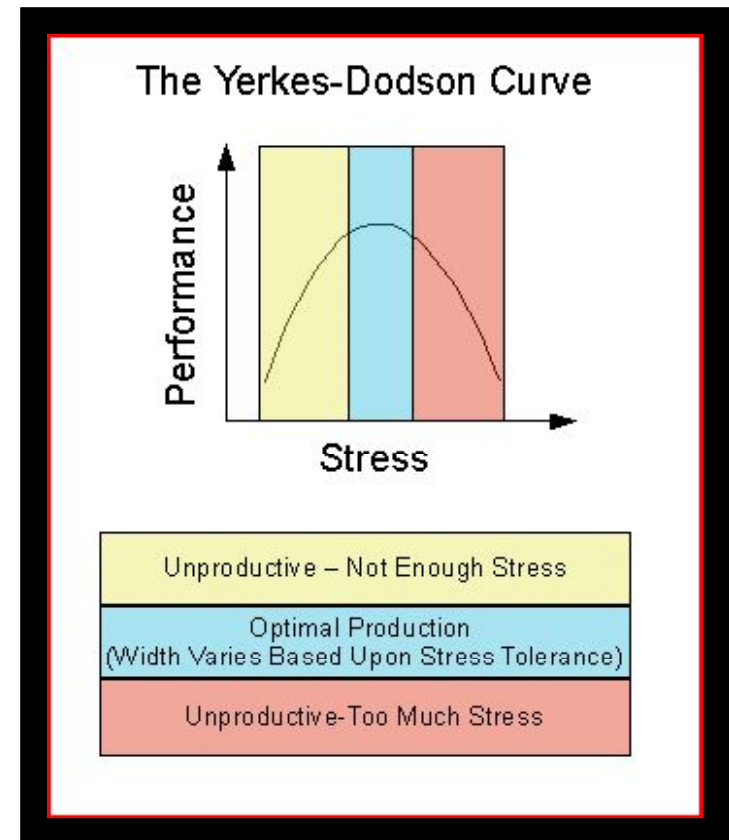
7. Elaborate

- ▶ Harvard psychologist Daniel Schacter cites elaboration as a consistent technique in memory improvement.
- ▶ Ask questions about incoming information
 - What does this remind me of? How can I use this information?



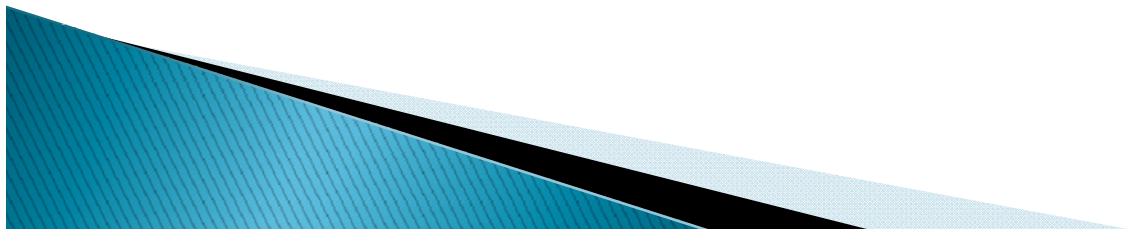
8. Relax

- ▶ Being relaxed is not being drowsy or sleepy.
- ▶ Relaxation is a state of alertness, so you can be active and relaxed.
- ▶ Handling stress is a game of
 - balance, you do not want too much or too little
- ▶ You should relax not by napping and getting rest but by managing stress and anxiety accordingly



9 ■ Remember something else

- ▶ When you can't remember something stop trying, and remember something that is related to it.
- ▶ When you forget what you know think of ideas that you do know.



Works Cited

Carol Carter, J. B. (2009). *Keys To Success*. Upper Saddle River: Pearson Prentice Hall.

Ellis, D. (2009). *Becoming A Master Student*. Boston: Houghton Mifflin Company.

